

June 2022

Carver Council on Aging

What's Inside for June

Vintage Car Slideshow Social

by Therapy Gardens

sponsored by the

Friends of Carver COA

Tuesday, June 7th at 1:00 pm

Take a ride down memory lane with John from Orphan Garage. John will highlight some of our most notorious vehicles of the past, from Rambler to Studebaker and Corvair to Vega. Come enjoy the slideshow and stories while sipping a root beer float! **Please register at 508-866-4698 x3.**



Movie Matinee: Grease

Friday, June 10th at 12:30 pm

It's back to Rydell High and its cliques! Grease is not just a nostalgic look at a simpler decade - it's an energetic and exciting musical homage to the age of rock 'n' roll! Don't forget, "Grease" is the word! **Please register at 508-866-4698 x3.**



Butterfly Nature Walk

Friday, June 10th at 10:00 am.

(Rain date Friday, June 17th)

Join Entomologist Blake Dinius from Plymouth County Extension for a guided nature walk in Myles Standish Forest. Blake will help identify the variety of butterflies, dragonflies and other seasonal insects that we will see. Be sure to wear sunscreen and bug spray. Feel free to bring a camera or binoculars. **Register at 508-866-4698 x3 to receive directions to the meeting place at parking lot 2.**



Electronics Recycling Fundraiser

Sponsored by the Friends of Carver COA

Saturday, June 25th from 8:00 am - 12:00 pm
at the Our Lady of Lourdes parking lot at 130 Main Street (Rte. 58) Center Carver.

Responsibly discard your broken, old and unused electronics, TVs, phones and computers for donations benefiting the Friends who support the activities for seniors at the Carver COA. **Details at: www.friendscarvercoa.com/recyclefundraiser.**



Musical Ventriloquist Kevin Driscoll

sponsored by the Carver Cultural Council

Tuesday, June 21st at 1:00 pm.

Driscoll Productions tailors their unique ventriloquist comedy into a fun and entertaining interactive event for seniors. Musical Ventriloquist Kevin Driscoll brings Jerry and Jessica, the wise-cracking, mischievous 40" dummies, Doug the Talking Dog, Fred the Frog, Boston's Greg The Green Monster, Micky The Monkey, Willie the Red Nosed Whiteboard, and all the Driscoll Dummies to entertain the young at heart. **Drop-in.**

This event is sponsored in part by a grant from the Carver Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

COUNCIL ON AGING

Monday - Thursday

9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver

508-866-4698

COA DIRECTOR

Connie Kelly

Monday-Friday

8 AM-4 PM

508-866-4698 x3

connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair

Claudia Miller-Vice Chair

Helen Marrone-Secretary

Savery Moore

Elaine Raymond

Stephanie Clougherty Alt.

Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President

Paul M Kelly -Vice President

Madeline Joyce -Treasurer

Jackie Rogerson - Secretary

Alice McMahon - Board Member

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are ***only able to wait a maximum of 5 minutes after the scheduled pick up time.***

Be considerate of the drivers and the other passengers.

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pmMarket Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 amShaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** ***prior to 12 pm the day before.***

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made as far in advance as possible.

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

It is never too soon to reserve your spot!

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. ***Sanitization is the responsibility of the borrower.***

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of Carver COA, P.O. Box 72, Carver, MA 02330.

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

Special thanks to the members of the Carver Elementary Fifth Grade Chorus and their teacher Katherine Krampf for the wonderful Spring Concert held on Friday, May 13th at the COA. Thank you for sharing your talents with the seniors of the community. We look forward to more entertainment opportunities to come!

Thank you also to Chief Duphily and the Carver Police Department for hosting the "Pizza with the Police" event at the new Police Station on Tuesday, May 17th. And, thanks also to Plymouth County D.A. Tim Cruz for meeting with the attendees!

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Facilitator

Monday - Friday

8 AM - 4 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson RYT500
Mondays, June 6th, 13th & 27th at 10:00 am. During the warm weather months classes will be held at Sampson Pond, weather permitting. Otherwise, they will be held inside the COA. Suggested \$5 donation. **Please be sure to register at 508-866-4698 x-3 to reserve a spot and a parking pass for Sampson Pond.**

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm. Call to register at **508-866-4698 x3.**

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 pm. Register **508-866-4698 x3.**

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday, 12:30 pm (Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first* Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank
Fridays, June 3rd & 17th, at 1:00 pm. **Cost: \$5**
Please register at 508-866-4698 x3.
Class size is limited



BEREAVEMENT SUPPORT GROUP
Meeting on Friday, June 24th at 10:00 am. **Please register at 508-866-4698 x3.** (4th Friday monthly)

MEET & GREET WITH HEIDI

Once a month in the Small Meeting Room of the Carver Public Library. Meet COA Outreach Facilitator, Heidi Lufkin-Miles, to discuss any questions you may have.

iPAD INSTRUCTION w/ Lydia Nelson
NO CLASS FOR JUNE
Classes will resume on July 26th.

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at **508-866-4698 x 4**

SHINE PROGRAM

Health Insurance Counseling
Appointments at the COA are not available at this time.
Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
Please register 508-866-4698 x3.
Supplies may be limited.



Adult Coloring
Ocean Scene
6/1



Firefly Acrylic
Painting
6/8



Hello
Summer
Sign
6/15

Summer
Zen Garden
6/22



Embellished
Mermaid
6/29



JEWELRY MAKING WITH NANCY

Thursday, June 9th at 3:00 pm.
Design and craft a unique custom piece of jewelry with Nancy's helpful guidance. **Cost \$10. Please register at 508-866-4698 x3.**

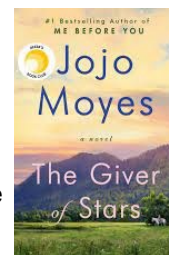
POETRY WORKSHOP

Tuesday, June 21st at 2:00 pm
Bring a favorite poem to share and discuss! **Register at 508-866-4698 x3**

BOOK CLUB SELECTION

The Giver of Stars

By Jojo Moyes
A breathtaking story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond in Depression-era America. Based on a true story rooted in America's past, The Giver of Stars is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic--a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond. **Please register at 508-866-4698 x3. Copies of this book will be held at the front desk of the Carver Public Library.**



Book Discussion Meeting will be Monday, June 27th at 1:00 pm.



Coming in July

The UCLA Memory Training Program, co-sponsored by Old Colony Elder Services, is a 4-session course teaching memory enhancing techniques

What Will I Learn In Class?

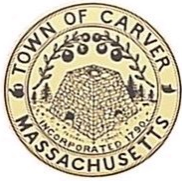
- What memory is and how it works
 - How to reduce tip of tongue moments
 - How to reduce your memory burden
 - Your learning style
 - Better memory habits
- Strategies & techniques for some of the most common memory complaints.



The 4-week course will meet on Mondays from 1:00 pm - 3:00 pm starting July 11th.
For more information and to register call 508-866-4698 x3

REMINDER:

**FINAL PAYMENT FOR
THE BLOOM BUS TRIP TO
NEWPORT PLAYHOUSE
IS DUE MONDAY, JUNE 13TH**



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330



JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: COANews@carverma.org.</i></p>			<p>1 Adult Coloring Summer Scene 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>2 Lunch 11:30 am BINGO 12:30 pm</p>	<p>3 Lunch 11:30 am Line Dancing 1:00 pm</p>	<p>4</p>
<p>5</p>	<p>6 Chair Yoga 10:00 am Lunch 11:30 am SINGO! 12:00 pm</p>	<p>7 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Vintage Car Slideshow 1:00 pm Oil Painting 1:00 pm</p>	<p>8 Firefly Acrylic Painting 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>9 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00</p>	<p>10 Butterfly Nature Walk 10:00 am Lunch 11:30 am Movie Matinee 12:30 pm</p>	<p>11</p>
<p>12</p>	<p>13 Chair Yoga 10:00 am Lunch 11:30 am FINAL PAYMENT FOR NEWPORT PLAYHOUSE</p>	<p>14 Wellness Clinic 9:30 - 11:30 am Coffee w/ Chief 10:30 Lunch 11:30 am</p>	<p>15 Hello Summer Sign 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>16 Lunch 11:30 am BINGO 12:30 pm</p>	<p>17 (Butterfly Nature Walk Rain Date) 10:00 am Lunch 11:30 am Line Dancing 1:00 pm</p>	<p>18</p>
<p>19</p>	<p>20 CLOSED FOR JUNETEENTH</p>	<p>21 Oil Painting 1:00 pm Wellness Clinic 9:30 - 11:30 Lunch 11:30 am CCC Ventriloquist Program 1:00 pm Poetry Workshop 2:00 pm</p>	<p>22 Summer Zen Garden 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>23 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm</p>	<p>24 Bereavement 10:00 am Lunch 11:30 am</p>	<p>25 FRIENDS ELECTRONICS RECYCLING FUNDRAISER 8:00 am - 12:00 pm Our Lady of Lourdes Parking Lot</p>
<p>26</p>	<p>27 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm</p>	<p>28 Oil Painting 1:00 pm Wellness Clinic 9:30 - 11:30 am NO JUNE iPad Class Lunch 11:30 am Financial Planning 1-4 Oil Painting 1:00 pm</p>	<p>29 Embellished Mermaid 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>30 Lunch 11:30 am BINGO 12:30 pm</p>	